



## Be Active: Feel Good and Play Hard!

- ★ Adults need **30-60 minutes** of physical activity a day for health and weight control – just 10 minutes at a time. It adds up!
- ★ **All physical activity counts:** walking or playing with kids or friends, gardening, bicycling, even cleaning house!
- ★ Being active helps you **sleep better**.
- ★ **Turn the TV off.** Fill that time playing games, dancing, stretching, or going out for a walk.
- ★ Sign up for the [Governor's Community Health Bowl](#) and help energize the whole state!
- ★ Visit [Washington Wellness Works](#) for details – [www.wellness.wa.gov](http://www.wellness.wa.gov)



## Eat Healthy: Add Fruits and Vegetables

- ★ Cut down on calories. Drink **water** and eat whole **fruit**.
- ★ Keep fats low. Go for high fiber, vitamins A & C, calcium, and iron.
- ★ Colorful vegetables are the most nutritious. Try these:
  - Dark greens** – lettuce, broccoli, spinach, kale, or Romaine
  - Orange veggies** – carrots, sweet potatoes, pumpkin, or yams
  - Other choices** – **corn**, **peas**, or **tomatoes**
- ★ Add **lettuce** and **tomato** to meat sandwiches.
- ★ **Eat breakfast!** It will help you control your weight. You will feel better in the morning, and eat less later in the day and at night.